

Let's Move in Indian Country

Sacramento Native American Community

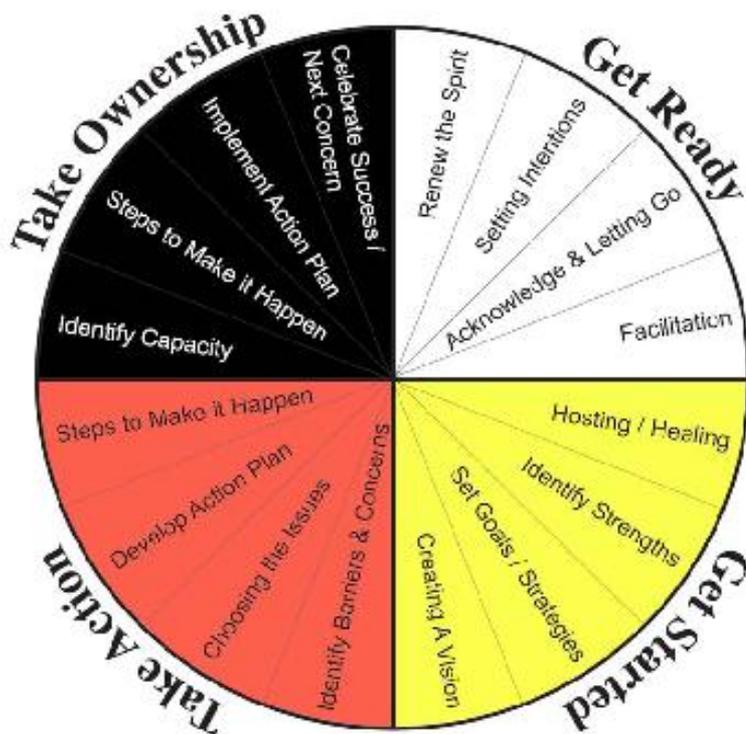
Wellness Program Model



Cathy Carmichael, MS, RD, CDE
Sacramento Native American Health Center, Inc.
2020 J Street, Sacramento, CA 95811
cathyc@snahc.org * (916) 341-0575 ext. 2227

- **Setting the Stage**
 - **Community Supported Wellness**
- **Four Goals of Let's Move in Indian Country**
- **Food Policy Summit**
- **Implementation, Success and Lessons Learned**
- **Next Steps**

SNAHC Community Focus Groups September – December 2010



This graphic is modified from the model used in the 1992 Restoring Balance. It was an expanded version of a management model conceived by Jerry Endres, M.S.W. The 1990 "Teambuilding for Community Health Promotion" fully explains Mr. Endres' management model. This revised version incorporates Mr. Endres' work and concepts from Health Native Communities Fellowship.

71 participants

- Caregivers
- Families
- Adults
- Youth Boys
- Youth Girls
- Elders
- Open Group

1. What is your definition of Wellness?

- BALANCE- Mind, Body, Spirit, Relations
- Social Needs Met- Economic, educational, transportation
- Self Assuredness- Positive Image, Self Acceptance
- Role Modeling- Healthy Lifestyles

2. What does Health mean to you?

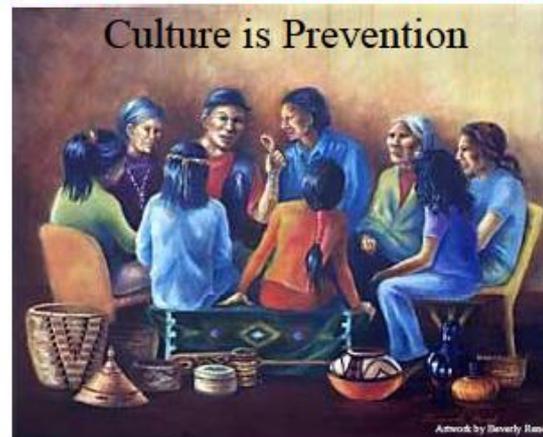
- Social/Cultural Connectedness
- Holistic Health- Mind, Body, Spirit
- Medical Maintenance- Regular check-ups, Preventative care
- Overall Healthy Lifestyles



**“One With All”
Substance Abuse
Prevention
Initiative**

Sacramento Native
American Health Center
2020 J Street
Sacramento, CA 95811

Wellness is Traditional



SNAHC Community Forum

**Facilitated by the Sacramento Native American Health Center
Board of Directors**

Honor Your Traditions, Make Healthy Choices

It is our priority to implement cultural practices with the ultimate goal of reducing the prevalence of heavy alcohol consumption within the American Indian Community

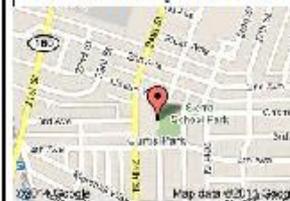
“One With All” is funded by a grant received from SAMHSA/CSAP

The SNAHC Board of Directors will present the 2010 Community Focus Group responses and the 2011 SNAHC Strategic Plan. This will also be an opportunity for the community to ask questions and provide recommendations.

Refreshments & Raffle

Join us on
Saturday April 2, 2011
1:00-3:00pm
Sierra 2 Community Center
2791 24th Street
Sacramento, CA 95818

Please RSVP by March 21st



For More Information Contact
Cibonay Cordova
(916) 341-0575 x213

Four main goals for Let's Move! in Indian Country:

1. Create a healthy start on life for children –
i.e. support breastfeeding.
2. Create healthier learning communities.
3. Increase opportunities for physical activity.
4. Increase access to affordable, healthy
and traditional foods.



**Sacramento
Native American
Food Policy Summit
September 13, 2011**



Partners

- U.C. Davis Native American Studies
- City of Sacramento
- California State Indian Health Program
- California Area Office Indian Health Service
- Buena Vista Rancheria of Me-Wuk Indians
- Sacramento City Unified School District – Indian Education Program
- San Juan Unified School District – Indian Education Program
- Elk Grove Unified School District – Indian Education Program
- California Indian Manpower Consortium, Inc.
- The Maidu Museum & Historic Site in Roseville
- Office of Assembly member Joan Buchanan
- Greenville Rancheria - Greenville Clinic
- California Food and Justice Coalition
- Community Resource Project, Inc. – WIC Program
- Tribal TANF Unit
- John F. Kennedy University
- Shingle Springs Tribal TANF
- California Rural Indian Health Board
- CA Center for Public Health Advocacy
- U.C. Davis Medical Center
- Tubatulabal Tribe- Kern Valley, CA
- Native American Caucus



“There are too many times I have attended official meetings to be greeted by coffee, donuts and pastries. Too many times, we as a society go for what is quick and easy. In the end, we are hurting not only our health but we are teaching our children the same bad habits.”

**– Silvia Burley – Tribal Chairwoman
California Valley Miwok Tribe**

Proclamation

WHEREAS, as American Indians, Alaskan Natives, Tribal organizations, and or Indian-serving agencies and advocates of the Sacramento Valley, acknowledge our responsibilities as first nations people, to preserve and improve the health status of future generations; and...

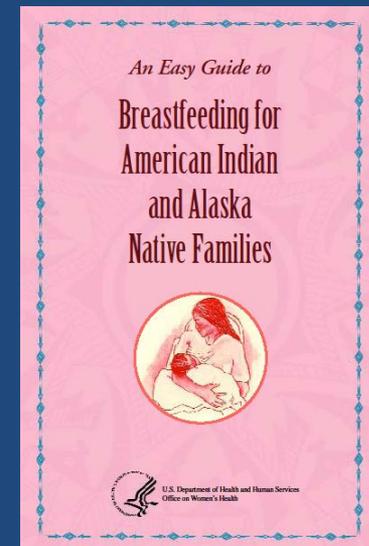


ISSUED: This 13th Day of September 2011





1. Remove barriers to breastfeeding.
2. Breastfeeding policies in the workplace.
3. American Indian Infant Health Initiative



The A.C.O.R.N. Family Garden Project

- Activity– increasing physical activity in our community.
- Rituals-learning food preparation rituals of our ancestors.

Food Choices- encouraging healthy food choices.

Nature- respect for nature and food production.

Food Origins-learning about where our food comes from.

**SNAHC Wellness Fair
October 2011
Community Leaders in Action**





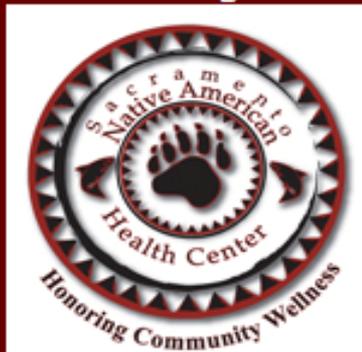
NativeNews

NativeNews

Honoring Community Wellness

April 10, 2012 Vol. 3 #16

Message



We hope that you enjoy the new format for our NativeNews email newsletter. We will be sharing helpful

Just Move It Has Been Extended!

By popular demand, Just Move It! Cardio Kickboxing and Aerobics has been extended for two more classes! Fitness Dance is a fun and effective low-impact cardio workout with sculpting exercises designed to tone the entire body. Cardio-Kickboxing is a combination of aerobics, boxing, and martial arts Class is FREE All welcome!

Where: 3rd Floor of 2022 J Street

When: Wednesday, April 11th, 18th, and 25th from 5:30-6:30

Who: Sacramento Native Community ages 13 and older

[Click Here For More Information](#)



5 Microsoft Office ...



Microsoft PowerPoin...



Mozilla Firefox Start...



Event-Outreach Tools



Sacramento Native American Health Center, Inc.

1,690 likes · 37 talking about this

✓ Liked Message * ▾

Non-Profit Organization

"...to carry out the legacy of a healthy American Indian and Alaskan Native community based on cultural values delivered through traditional, transformational, innovative, accessible,



1,690

Mission, Vision, Goals
Mission The mission of Sacramento Native American Health Center



1 ▾

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Sacramento Native American Health Center, Inc.

Yesterday

Who's coming to Just Move It! cardio kickboxing tonight?! There are only three more classes in this season! Oh yeah, did I mention its FREE! 2022 J Street at 5:30pm

Like · Comment · Share

2

6 people like this.



Stacey MaskwaYellowbird Browning I totally forgot about it. I'll come tonight and try it. Is there going to be another class? I have a cardio kick I recently started on Thurs. evenings but need one more a week to do.

Yesterday at 9:18am · Like

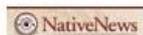
Write a comment...



Sacramento Native American Health Center, Inc.

Tuesday via Constant Contact - Making Social Simple

NativeNews from SNAHC (Vol. 3 No.15) <http://conta.cc/1eDUPM>



NativeNews from SNAHC (Vol. 3 No.15)

Check out my latest campaign by Constant Contact.

SNAHC is looking for an excellent communicator who seeks to help patients navigate the Health Care system. If you think you have what it takes to be the Integrated Care Coordinator, send your resume to allies@snahc.org.



via Constant Contact - Making Social Simple



Sacramento Native American Health Center, Inc.

Tuesday

The You Are Not Alone Network (YANAN's) new public service announcement encourages people contemplating suicide to reach out, because "You are not alone," and "someone cares."

The website youarenotalonenetwork.org offers personal stories, resources, elder's wisdom and also provides a YANAN social network.

If you are having suicidal thoughts, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or the Native Youth Crisis Hotline at 1-877-209-1266.

<http://youarenotalonenetwork.org/media/video-gallery>

Like · Comment · Share

2

11 people like this.

Write a comment...



Sacramento Native American Health Center, Inc. shared a link.

Monday

SNAHC would like to send out a huge MUCHAS GRACIAS to the wonderful folks at Translators Without Borders for their hard work in translating our documents to Spanish!
<http://translatorswithoutborders.com/>





CLINIC ENTRANCE
IS TO LEFT THROUGH
PARKING LOT
2020 JST ←

Walking
up stairs
burns almost
5 times more
calories than
riding an
elevator.



Healthy Living Policy 2011 – 2012

It is the policy of the Sacramento Native American Health Center, Inc. that all activities and events (examples may include: meetings, talking circles, potluck events, catered events, community sponsored events, health fairs, etc.) sponsored or supported by this organization will always include opportunities for healthy foods and beverages and physical activity.

- 1. Offer food options consistent with US Dietary Guidelines.**
- 2. Avoid offering food at every event.**
- 3. Share food in a healthful way.**
- 4. Get everyone moving.**
- 5. Avoid offering bottled water.**

Let's Move! is a Marathon...we have a long road ahead of us, but it is well worth it!

California International Marathon, December 2011
4 Community Finishers
3 Relay Teams + 30 5K participants



Next Steps

- Establish a food policy council.
- Continue to support community owned wellness.
- Continue to work with local Indian organizations, Indian Education, local tribes and partners.

Questions?

